

# St. Tammany Parish Public Schools

## Wellness Guidance

SY 2023-2024

### Purpose

This Wellness Policy establishes a formal system of building a school environment that is safe and healthy, thereby enhancing the potential for academic achievement among students. Students need access to healthful foods and opportunities to be physically active in order to grow and learn.

The St. Tammany Parish School Board is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity habits. The School Food Service Director will serve as the coordinator of the Wellness Policy.

Members of the School Health Advisory Committee (SHAC), formerly known as the Wellness Policy Committee will include students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

### Nutrition Services

Qualified Child Nutrition Program professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the special dietary needs and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

### School Meals

St. Tammany Parish Public Schools will:

1. Offer menus that meet the meal patterns and nutrition standards established by the USDA Child Nutrition Program and the Louisiana Department of Education.
2. Encourage students, school staff, and families to participate in school meal programs.
3. Ensure that food safety and sanitation are followed throughout the school, including providing facilities to wash hands before meal service.
4. Ensure that school meals are accessible to all students with a variety of delivery strategies such as grab-and-go meals or alternate eating sites.
5. Ensure that students receive adequate time to eat breakfast and lunch. (*Refer to Recess Before Lunch for recess and lunch recommendations.*)
6. Provide a cafeteria environment that is conducive to a positive dining experience, with socializing among students and between students and adults and with supervision of eating areas by adults who model proper conduct and voice level.

## **Foods and Beverages Offered Outside of the Child Nutrition Programs**

Foods and beverages sold to students must meet specific nutritional criteria if sold on the grounds at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day. (*Refer to Smart Snacks in Schools and Louisiana Smart Snacks Listing*).

Schools should discourage the use of foods and beverages as **rewards** for student accomplishment. Schools are encouraged to provide healthful food and beverage choices at school **parties**. Schools should promote **fundraisers** that sell items other than food and beverages or only foods and beverages that are nutrient dense (low in calories and high in nutrients).

It is recommended that schools have suggested guidelines in the student handbook regarding all outside foods brought into the school cafeteria.

## **Nutrition Education**

School-based nutrition education includes traditional classroom lessons. It is taught in health education and science classes and can be integrated into core content area of instruction across the curriculum. A planned, sequential curriculum where the lessons are aligned with standards, benchmarks, and grade-level expectations is essential to impact knowledge, attitude, and behavior. The cafeteria can be used as part of the total educational system for modeling behavior.

Schools will:

1. Implement nutrition education programs that promote lifelong healthful eating practices that are research-based.
2. Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant.
3. Use curriculum and lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations.
4. Provide hands-on activities that are fun and engaging.
5. Promote positive aspects of healthful eating behaviors.
6. Cafeteria will serve as learning laboratories by providing nutrition information.

## **Physical Education and Activity**

Schools will:

1. Implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
2. The physical education lessons should be aligned with standards, benchmarks, and grade-level expectations.
3. Provide all students physical education and physical activity that meet or exceed the minimum standards established by the Louisiana Department of Education.
4. Ensure enough age-appropriate and safe equipment is in place to guarantee that all students are able to be active for physical education and physical activity.
5. Ensure qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes.
6. Provide staff development on standards implementation for physical education instructors.
7. Provide daily recess for all children in K-8<sup>th</sup> grade. (*Refer to Recess Before Lunch for recess and lunch recommendations.*)

8. Encourage physical activity during recess for elementary students, intramurals programs, and clubs, as well as in physical education programs.

## **Communication**

At the beginning of each school year, no later than the end of the first quarter, the SHAC will share a summary of the Wellness Policy with school staff and faculty, students, and parents via the school food services web page. Updates to the Policy may be highlighted and discussed.

Schools are encouraged to provide a link to the Wellness Policy on their web page.

## **Monitoring and Evaluation**

The School Health Advisory Committee will evaluate the policy annually and revise as necessary.

**WELLNESS POLICY ASSESSMENT AND ACTION PLAN  
St. Tammany Parish**

Objectives*	Meet Requirements	Comments
SHAC has been established	Yes	
SHAC provides information to: school administrators teachers cafeteria managers parents students	Yes	
SHAC recommends revisions to Wellness policy as needed	Yes	
School Meals are accessible to all students	Yes	
Students eat in a pleasant atmosphere	Yes	
Handwashing before eating is available & encouraged	Yes	
Smart Snack Guidelines are followed	Yes	
Students receive nutrition information in classroom or cafeteria	Yes	
Hire certified Physical Education teachers (K – 12)	Yes	
Follow LDOE guidelines for Physical Education instruction	Yes	

\*SHAC meeting held on 4/24/2023 to review wellness policy.

## Snack and Party Ideas

Snacks are important to provide nutrients for growing children.

1. Include a wide variety of foods that are rich in nutrients.
2. Have healthful snacks available and easily accessible. Cut up fruits and vegetables for easy eating, especially children with loose teeth or braces.
3. Try low-fat versions of milk, ice cream, crackers, and chips.
4. Avoid using food as a reward or punishment.
5. Be a good role model by eating healthful snacks with your children/students.
6. Choose fruits and vegetables as snacks so children/students can meet the goal of eating at least three or more servings of vegetables and two or more servings of fruits a day.
7. Involve children/students in planning and shopping for foods and beverages for snacks and parties.
8. Involve students in planning a party that provides healthy food choices and activities that do not focus the party on food.
9. Offer food again, even if children/students did not like it the first time, especially fruits and vegetables. Students need repeated exposure to new foods.
10. For more information, call the free American Dietetic Association Hotline at: (800) 366-1655 or visit the website at <http://www.eatright.com>.

## Alternatives to Using Food as a Reward

Using food as a reward undermines nutrition education, encourages overconsumption of extra calories, especially foods high in fat and added sugar, and teaches children to eat when they are not hungry. Some alternatives for rewarding children include:

Sit by friends	Keep a treasure box filled with non-food items
Give a set of flashcards or books	Go for walks
Reading time	Give stickers, pencils, and other school supplies
Extra time for art or music	Offer dress down day
Hold class outside	Offer free time at the end of the week
Listen to music while working	Eat lunch with the principal or teacher
Play a favorite game or puzzle	
Dance to favorite music	

## Creative Fundraising Ideas

Healthy fundraising ideas promote consistent messages of practicing healthy eating and physical activity habits in the classroom, throughout the school, and at home. Listed below are some ideas for raising funds without selling food.

1. Sports tournament – Sell tickets to students and family members to attend a student volleyball, tennis, or golf tournament. Include some local celebrities to increase sales throughout the community.
2. Pledge ideas -- Walk-a-thon and fun runs – Hold a walk and or run on the school grounds. Ask for pledges to sponsor.
3. Spring yard work to local community members – Offer to rake yards and spread compost at a bargain rate.
4. Basketball tournament – Charge a team of three players \$40 for entrance and ask local businesses for prize donations. Provide tee shirts for the event and raise the entrance fee.
5. Plant sale – Sell perennials, herbs, or seeds; poinsettias during the holidays, and flowers for Valentine’s Day.
6. Community job fair – Rent booths for a fee to local companies and solicit free advertisements for local radio stations or newspapers. Charge an entrance fee.
7. Crafts fair – Local and regional crafts persons can rent booths for a fee. The school can charge a small entrance fee to the public.
8. School event planners – Sell planners at school registration. Planners include all event dates, such as sports events, national tests, dances, plays, etc. Fifty percent of the sales can be profits.
9. Sell seat cushions at sporting events – Sell advertisements on the cushions to 20 local businesses for \$50 – 100 to make even more money.
10. Administrative fun - Have money jars available for the students to make donations. The school secretary would count the money in the jars on a daily basis and post the total. At set dollar increments, the principal and/or vice-principal would have to do stunts, such as dress as a cheerleader, do cheers, etc.
11. Raffle of gift baskets assembled by students - Choose a theme such as gardening, sports, or arts and crafts. Most items for the baskets can be donated.
12. Sell candles, greeting cards, gift wrap, magazines, buttons, pins, pens, crafts, batteries, Frisbees, pet treats, and calendars.
13. Rent a special parking place.
14. Involve the community – Conduct workshops or classes, a scavenger hunt, a recycling program, a car wash for donations, a garage sale
15. Sell school spirit supplies – megaphones, shakers, plastic cups, T-shirts, school supplies, bumper stickers, cookbooks or books developed by the school
16. Host art, music, and science events such as a read-a-thon, spelling bee, science fair, talent show, art show, plays, and concerts

Adapted from *Twenty Ways to Raise Funds without Candy*, Illinois Nutrition Education and Training Program, Illinois Department of Education, Creative Financing and Fun Fundraising for Schools, Sports, and Clubs, California Project LEAN, and WIN Wyoming, Family and Consumer Sciences, University of Wyoming Cooperative Extension Service



## Recess Before Lunch

### Overview

Did you know that it's best practice to shift the school schedule so students play at recess first, then eat lunch? Schools that have adapted this model report that students eat more fruits and vegetables, drink more milk, waste less food, and are better behaved on the playground and classroom. Put simply, students feel like they have more time to eat lunch, and have worked up an appetite to eat all the major food groups.

### Take Action

The recipe to having students eat healthy during lunch and be more alert during class is as easy as holding recess before lunch. Research has shown that recess before lunch has numerous positive effects on student's overall health and wellness. Here are some steps to get started:

### Build Support Within Your School

Educate staff on the benefits of recess before lunch. Remind school staff of the overall goal of student wellness and improved behavior and learning.

Consider the potential barriers to changing the schedule. Determine ways to rearrange the schedule so recess is before lunch. While the concept sounds simple, change requires careful planning and efficient communication.

Inform students about recess before lunch.

Include a hand-washing plan in the schedule. Hand-washing is important for food safety.

Provide a reasonable amount of time (recommended 20 minutes) for children to eat lunch from the time they sit down with their tray.

Review the schedule after a few weeks. What is working? What is not working? Make note of the positive changes, and its impact in the classroom. Modify the schedule as needed.

### Tips

Be patient. Any new program takes time to implement successfully, especially when it impacts scheduling.

Scheduling is often the biggest hurdle. Get creative and flexible with your planning. Remind all involved that the goal and change is for the best interest of the kids.

<https://www.actionforhealthykids.org/activity/recess-before-lunch/>



## Smart Snacks in School USDA's "All Foods Sold in Schools" Standards

USDA has established practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards allow schools to offer healthier snack foods to children, while limiting junk food.

### Time & Location

Applies to ALL food and beverages sold outside the school meal programs, on school campus beginning 30 minutes before the beginning of the school day until 30 minutes after the end of the school day.

Elementary, Middle and Junior High may sell after the last lunch. High Schools may sell the last 10 minutes of each lunch period.

### **Nutrition Standards for Foods**

#### **Any food sold in schools must:**

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

#### **Foods must also meet several nutrient requirements:**

- Calorie limits: ≤ 200 calories
- Sodium limits: ≤ 200 mg
- Fat limits:
  - Total fat: ≤ 35% of calories
  - Saturated fat: < 10% of calories
  - Trans fat: zero grams
- Sugar limit: ≤ 35% of weight from total sugars in foods

### **Nutrition Standards for Beverages**

#### **All schools may sell:**

- Plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

**Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**

**Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**

- No more than 20-ounce portions of Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

### **Resources**

Alliance for a Healthier Generation [www.healthiergeneration.org](http://www.healthiergeneration.org)

Smart Snacks, Non-Food Rewards, Fundraising, Product Calculator and Celebrations

<https://www.healthiergeneration.org/resources/smart-snacks-product-calculator>

Louisiana Fit Kids- <https://www.louisianafitkids.com> (has list of items that meet the federal and state requirements NOTE: State regulations were repealed in June 2018)

This institution is an equal opportunity provider.



## Louisiana Smart Snacks Meeting Recommended Criteria, 02/09/2023

Note: Pennington Biomedical is tasked with approving any item submitted by a vendor, principal, school parent, or interested person seeking to have an item considered for inclusion on this list. The list contains only those products that meet the USDA recommended criteria for Smart Snacks in Schools. This list is provided solely as a reference; there is not a legal requirement that only items on the list be sold. Pennington Biomedical does not endorse or promote any commercial item or entity.

ITEM	Serving size (weight)	Category
Apple & Eve 100% Juice (all flavors available)	4.23 fl oz (125 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Apple & Eve 100% Juice (all flavors available)	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Apple & Eve Fruitables (Fruit & Veggie 100% Juice) (all flavors available)	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Ardmore Farms 100% Fruit Juices (all flavors available)	4 fl oz (118 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Fruit Juice (100% Fruit Juice Non-Carbonated) (Flavors: Cherry Apple, Fruit Punch, Pineapple Orange)	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Acai Berry	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Fruit Punch	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Fuji Apple	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Strawberry Kiwi	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Envy Sparkling Fruit Juice (100% Fruit Juice) Sparkling Tropic Orange	8 fl oz (237 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Bowl 100% Juice (Apple, Fruit Punch, Grape, Orange Tangerine, Strawberry Kiwi)	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Bowl 100% Juice (Apple, Fruit Punch, Grape, Orange, Orange Tangerine, Strawberry Kiwi)	4.23 fl oz (125 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Bowl 100% Juice (Apple, Fruit Punch, Orange Tangerine)	8 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Bowl 100% Vegetable & Fruit Juice Blend Mango Swirl (Product Code #00470)	4.23 fl oz (125 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juice Bowl 100% Vegetable & Fruit Juice Blend Mango Swirl (Product Code #00471)	6.75 fl oz (200 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS

Juicy Juice (100% Juice) Fun Packs, (Flavors: Apple, Berry, Fruit Punch, Grape, Orange Tangerine)	4.23 fl oz	AND HIGH SCHOOLS Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Juicy Juice, 100% Juice (Flavors: Apple, Berry, Fruit Punch, Grape, Kiwi Strawberry, Orange Tangerine, Peach Apple, Strawberry Watermelon)	6.75 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Kraft Foods CapriSun 100% Fruit Juice - Berry	6 fl oz pouch	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Kraft Foods CapriSun 100% Fruit Juice - Fruit Punch	4 fl oz pouch	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Lucky Leaf Apple Juice (100% Juice)	5.5 fl oz can	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
M&B Products, Mr. J Pouches 100% Fruit Juice (Orange, Pineapple, Tropical Fruit Blend, Orange/Pineapple, Grape, Grapefruit, Apple)	4 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Milk, low-fat milk, skim milk, flavored milk (low fat or fat-free), and non-dairy milk (low fat or fat-free)	8 fl oz containers	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Minute Maid® 100% Apple Juice	6 fl oz (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Minute Maid® 100% Apple White Grape Juice	6 fl oz (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Minute Maid® 100% Juice Fruit Punch	6 fl oz (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Mott's Fruit Punch (100% Juice)	4.23 fl oz or 6.75 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Suncup 100% Juices Only	4 or 6 oz sizes	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
The Switch 100% Juice w/Filtered Sparkling Water (Black Cherry, Fruit Punch, Grape, Hardcore Apple, Kiwi Berry, Orange Tangerine, Tropical Pineapple, Watermelon Strawberry)	8 fl oz (240 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Tropicana Apple Juice, 6 fl oz	6 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Tropicana Pure Premium Orange Juice, Original (No Pulp)	6 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
V8 Low Sodium 100% Vegetable Juice	5.5 fl oz	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Water, bottled, plain	All sizes	Water, Milk, and Juices
Welch's Protein Smoothie (Flavors: Mixed Berry Concord Grape, Peach Mango, Strawberry Banana, Acai Coconut)	6 fl oz (177 ml)	Water, Milk, and Juices FOR BOTH ELEMENTARY AND HIGH SCHOOLS
Tropicana Apple Juice, 12 fl oz	12 fl oz	Juices FOR GRADES 6-8

		and HIGH SCHOOL SALES ONLY!!
Tropicana Fruit Medley, 10 fl oz	10 fl oz	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
Tropicana Orange Juice, 10 fl oz	10 fl oz	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
Tropicana Strawberry Kiwi Juice Blend, 10 fl oz	10 fl oz	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
Tropicana Strawberry Orange Juice, 10 fl oz	10 fl oz	Juices FOR GRADES 6-8 and HIGH SCHOOL SALES ONLY!!
12 fl oz portions of beverages with $\leq 40$ calories per 8 fl oz or $\leq 60$ calories per 12 fl oz	12 fl oz	Beverages FOR HIGH SCHOOL SALES ONLY!!
Calorie-free flavored water	20 fl oz	Beverages FOR HIGH SCHOOL SALES ONLY!!
JB's 60 Calorie Iced Tea (Peach Mango, Lemon, and Not Too Sweet)	12 fl oz (355 ml)	Beverages FOR HIGH SCHOOL SALES ONLY!!
Koe Organic Kombucha (Blueberry Ginger, Mango, Raspberry Dragonfruit, Strawberry Lemonade, Watermelon, Tropical)	12 fl oz (355 ml)	Beverages FOR HIGH SCHOOL SALES ONLY!!
Little Hug Fruit Barrels (all flavors)	8 fl oz	Beverages FOR HIGH SCHOOL SALES ONLY!!
Other flavored and/or carbonated beverages that contain $\leq 5$ calories per 8 fl oz or $\leq 10$ calories per 20 fl oz	between 8 & 20 fl oz	Beverages FOR HIGH SCHOOL SALES ONLY!!
Sparkling Ice, with or without caffeine	16 or 17 fl oz bottle	Beverages FOR HIGH SCHOOL SALES ONLY!!
Fruits, all fruits	serving	Fruits and Vegetables - Fresh
Vegetables, all vegetables	serving	Fruits and Vegetables - Fresh
Brothers-All-Natural, Fuji Apple Crisps (Freeze-Dried, Real Sliced Fuji Apples)	.35 oz (10 g)	Fruit, Canned, Dried and Fruit Snacks
Buddy Fruits Original Blended Fruit, Orchard Blend Apple	3.2 oz (90 g pouch)	Fruit, Canned, Dried and Fruit Snacks
Clif Kid ZFruit Twisted Fruit - All Flavors	1 piece (20 g)	Fruit, Canned, Dried and Fruit Snacks
Del Monte Diced Peaches in 100% Juice	4 oz	Fruit, Canned, Dried and Fruit Snacks
Del Monte Mixed Fruit in 100% Juice	4 oz	Fruit, Canned, Dried and Fruit Snacks
Del Monte Mixed Fruit No Sugar Added	4 oz	Fruit, Canned, Dried and Fruit Snacks
Del Monte Tropical Fruit in 100% Juice	4 oz	Fruit, Canned, Dried and Fruit Snacks
Dole Fruit Bowls in 100% Fruit Juice	4 oz	Fruit, Canned, Dried and Fruit Snacks
Materne, GoGo Squeez Organic Appleapple (Applesauce on the Go)	1 pouch (90 g)	Fruit, Canned, Dried and Fruit Snacks
Ocean Spray, Craisins, Dried Cranberries (Flavors: Original, Raspberry Lemonade, Watermelon, Orange, Cherry, and Strawberry)	1.16 oz package	Fruit, Canned, Dried and Fruit Snacks

Raisins (all brands)	1.5 oz	Fruit, Canned, Dried and Fruit Snacks
Welch's Fruit Snacks, Reduced Sugar Types Only (Mixed Fruit or Berries 'n Cherries)	22.7 g or 42.5 g pouch	Fruit, Canned, Dried and Fruit Snacks
Big Easy SLUSH PUPPIE, Simple, Made with Juice from Concentrate, No Added Sugar (Flavors: Cherry, Fruit Punch, Grape, Raspberry, Strawberry Lemonade)	5 fl oz (147 ml) pouch	Frozen Products
Cool Tropics, RIPS 100% Juice Slush (Blue Raspberry, Cherry Limeade, Kiwi Strawberry, Paradise Punch, Sour Apple )	4 fl oz pouch	Frozen Products
Country Pure Foods, Sidekicks 100 % Fruit Juice (all flavors)	4.4 fl oz (130 ml)	Frozen Products
Dippin' Dots® Sherbet, Redberry	1 package (72 g)	Frozen Products
Dippin' Dots® Vanilla Ice Cream	1 package (72 g)	Frozen Products
Dippin' Dots® YoDots: Cookie Dough, Cookies 'N Cream, Cotton Candy	1 package (72 g)	Frozen Products
Fruit Pearls® Strawberry - No Sugar Added	1 package (55 g)	Frozen Products
Fruit Pearls® Tropical - No Sugar Added	1 package (55 g)	Frozen Products
Fruit Pearls® Wildberry - No Sugar Added	1 package (55 g)	Frozen Products
Hershey's Ice Cream, Dessert Cups (No Fat Birthday Cake Yogurt, Low Fat Chocolate, Low Fat Chocolate Sundae, Low Fat Cotton Candy, Low Fat Strawberry Sundae, Low Fat Vanilla)	51 to 52 g cups	Frozen Products
Hershey's Ice Cream, Foam Cups (No Fat Raspberry Yogurt, No Fat Vanilla Yogurt, Lemon Sherbet, Orange Sherbet, Raspberry Sherbet	varies from 71 g to 96 g cups	Frozen Products
Hershey's Ice Cream, Ice Cream Sandwiches (Reduced Fat Vanilla Mighty Mini, Reduced Fat Vanilla, Reduced Fat Cookies & Cream, Reduced Fat Brownie Batter)	varies from 44 g to 65 g sandwiches	Frozen Products
Hershey's Ice Cream, Low Fat Cookies N' Cream Cone	62 g cone	Frozen Products
Hershey's Ice Cream, Low Fat Crazy Cone & Low Fat Vanilla Chocolate Twist Cone	64 g cone	Frozen Products
Hershey's Ice Cream, No Fat Twister Cups (Birthday Cake Yogurt, Cotton Candy Yogurt, Sour Apple Ice, Sour Blue Raspberry Ice)	varies from 66 g to 88 g cups	Frozen Products
Hershey's Ice Cream, Seasonal Dessert Cups (Low Fat Spooky Sundae, Low Fat Candy Cane, Low Fat Cherry Vanilla Swirl, Low Fat Spring Party)	52 g cup	Frozen Products
Hershey's Ice Cream, Stick Bars (Chocolate Scooter Crunch, Strawberry Scooter Crunch, Reduced Fat Salted Caramel Brownie Crunch, No Fat Carnival Cotton Candy Yogurt, Fudge-O, Low Fat Orange Blossom, Fruit Punch Freeze Polar Blast)	varies from 62 g to 74 g bars	Frozen Products
Hershey's Ice Cream, Tropi-Kool Fruit Bars (Banana Cream, Mango, Strawberry)	1 bar (113 g)	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Mango/ Strawberry Pomegranate Swirl (Product Code 23060030)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Mixed Berry & Lemon Swirl (Product Code 23060025)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Orange Pineapple & Cherry Swirl (Product Code 23060020)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Orange Pineapple (Product Code 23060010)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Strawberry Pomegranate (Product Code 23060005)	4.4 fl oz	Frozen Products
J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Watermelon (Product Code 23060015)	4.4 fl oz	Frozen Products

J&J Snack Foods, Whole Fruit 100% Frozen Juice Cup, Wild Cherry (Product Code 23060000)	4.4 fl oz	Frozen Products
Kona Ice, Fruit First, Kiddie Cup (8 oz shaved ice + 1 oz juice blend). ONLY THIS VERSION IS SMART SNACK COMPLIANT	1 oz juice blend + 8 oz ice	Frozen Products
Luigi's Sherbet Cups 4 fl oz. CN Labeled - Lime, Orange, Rainbow, Raspberry	4 fl oz	Frozen Products
Minute Maid® (Shape Ups) Juice Bars (M-PAK®) CN Labeled-All Flavors	2.25 fl oz (70 g) bar	Frozen Products
North Star Dream Bar	2.5 fl oz	Frozen Products
North Star Frog Spit Lemon Lime Push Treat	3.0 fl oz	Frozen Products
North Star Fudge Bar	2.5 fl oz	Frozen Products
North Star Lowfat Cookies n' Cream Bar	2.5 fl oz	Frozen Products
North Star Lowfat Mini Sundae Cone	2.0 fl oz	Frozen Products
North Star Reduced Fat Ice Cream Sandwich	3.5 fl oz	Frozen Products
North Star Totally Tubular Push Ups Orange Sherbet	3.0 fl oz	Frozen Products
Outshine Fruit Bars (Strawberry, Watermelon, Grape, Peach, Raspberry, Pomegranate, Mango, Lemon, Lime, Pineapple, Tangerine)	1 bar, varies from 69.5-76 g depending on flavor	Frozen Products
Philadelphia Water Ice Factory, School Time Favorites, 100% Juice (Sour Cherry, Sour Apple)	4.4 oz	Frozen Products
Rich's Ice Cream, Birthday Cake Cone	1 cone (69 g)	Frozen Products
Rich's Ice Cream, Bubble Gum Bar	1 bar (70 g)	Frozen Products
Rich's Ice Cream, Cherry Cyclone Cup	1 cup (79 g)	Frozen Products
Rich's Ice Cream, Chocolate Crunch Cake	1 bar (70 g)	Frozen Products
Rich's Ice Cream, Cool Watermelon Bar	1 bar (70 g)	Frozen Products
Rich's Ice Cream, Creamy Cotton Candy Twirl Bar	1 bar (70 g)	Frozen Products
Rich's Ice Cream, Crumbled Cookie Bar	1 bar (70 g)	Frozen Products
Rich's Ice Cream, Crumbled Cookie Cone	1 cone (69 g)	Frozen Products
Rich's Ice Cream, Frozen Fruit Punch Bar (Tropical Punch Flavored Juice Pop)	1 bar (70 g)	Frozen Products
Rich's Ice Cream, Fudge Frenzy	1 bar (63 g)	Frozen Products
Rich's Ice Cream, Low Fat Cups (Chocolate and Vanilla, Chocolate, Strawberry, Vanilla)	1 cup (50 g)	Frozen Products
Rich's Ice Cream, Low Fat Vanilla Sandwich	1 sandwich (51 g)	Frozen Products
Rich's Ice Cream, Orange Cream Bar	1 bar (59 g)	Frozen Products
Rich's Ice Cream, Rainbow Polar Pole	1 tube (45 g)	Frozen Products
Rich's Ice Cream, Savagely Sour Blue Raspberry Bar	1 bar (70 g)	Frozen Products
Rich's Ice Cream, Savagely Sour Cherry Bar	1 bar (70 g)	Frozen Products
Rich's Ice Cream, Sour Blue Raspberry Cyclone Cup	1 cup (79 g)	Frozen Products
Rich's Ice Cream, Sour Swell Cherry Bar	1 bar (53 g)	Frozen Products
Rich's Ice Cream, Strawberry Shortcake Bar	1 bar (70 g)	Frozen Products
Rich's Ice Cream, Vanilla & Chocolate Swirl Cone	1 cone (69 g)	Frozen Products
Rich's Ice Cream, Watermelon Cyclone Cup	1 cup (79 g)	Frozen Products
Rosati Ice - All Flavors	4.4 fl oz (130 ml)	Frozen Products
SLUSH PUPPIE, Juice 100, concentrate for smoothies or slushy drinks (Approved flavors: Tangerine Lime, Watermelon Strawberry, Mango, Strawberry Lemonade, Kiwi Strawberry, Blue Raspberry, and Cherry) 1.33 fl oz portion diluted to 8 fl oz	1.33 fl oz concentrate (dilute to 8 fl oz)	Frozen Products

Smoothie King, 10 oz Smart Snack Smoothies (only approved for the following flavors: Angel Food, Berry Punch, Caribbean Way, Island Impact, Lemon Twist - Strawberry, Strawberry Kiwi Breeze, and Strawberry X-Treme)	10 oz	Frozen Products
Wells Food Service, Blue Bunny, Banana Fudge Bomb Pop Jr.	1 pop (44 g)	Frozen Products
Wells Food Service, Blue Bunny, FrozFruit Chunky Pineapple	1 bar (123 g)	Frozen Products
Wells Food Service, Blue Bunny, FrozFruit Chunky Strawberry	1 bar (120 g)	Frozen Products
Wells Food Service, Blue Bunny, Fudge Bar	1 bar (92 g)	Frozen Products
Wells Food Service, Blue Bunny, Low Fat Chocolate & Vanilla Ice Cream Cup	1 unit (51 g)	Frozen Products
Wells Food Service, Blue Bunny, Low Fat Vanilla Fudge Swirl Ice Cream Cone	1 cone (49 g)	Frozen Products
Wells Food Service, Blue Bunny, Low Fat Vanilla Ice Cream Sandwich	1 sandwich (55 g)	Frozen Products
Wells Food Service, Blue Bunny, Orange Dream Bar	1 bar (73 g)	Frozen Products
Wells Food Service, Blue Bunny, Strawberry Shortcake Bar	1 bar (78 g)	Frozen Products
Dannon DanActive Probiotic Dairy Drink (all flavors)	3.1 fl oz (93 ml) bottle	Dairy Products
Dannon Danimals Smoothies (all flavors)	3.1 fl oz (93 ml) bottle	Dairy Products
Dannon Danimals, Nonfat Yogurt (all flavors)	4 oz (113 g)	Dairy Products
Dannon Light 'n Fit Nonfat Yogurt (all flavors)	5.3 oz (150 g)	Dairy Products
Danone Activia Yogurt (all flavors)	4 oz cup (113 g)	Dairy Products
Flavored milk, chocolate, strawberry, etc. (fat free or low fat)	8 fl oz containers	Dairy Products
Low-fat milk, skim milk, and non-dairy milk (low-fat or fat free)	8 fl oz containers	Dairy Products
Yoplait GoGurt Portable Yogurt -- All Flavors	1 tube (56 g)	Dairy Products
Yoplait Light Nonfat Yogurt -- Strawberry	170 g container	Dairy Products
Yoplait Whips! Low Fat Yogurt -- (Approved Flavors: Cherry Cheesecake, Key Lime Pie, Orange Crème, Raspberry Mousse, Strawberry Mist)	113 g container	Dairy Products
Cheetos® Fantastix® Cheese Flavored Baked Flamin' Hot Corn and Potato Snacks	1 oz (28 g)	Chips/Pretzels/Other Snacks
Cheetos® Fantastix® Chili Cheese Flavored Baked Corn and Potato Snacks	1 oz (28 g)	Chips/Pretzels/Other Snacks
Cheetos® Reduced Fat Baked Cheese Flavored Puffs	0.7 oz	Chips/Pretzels/Other Snacks
Cheetos®, Reduced Fat Flamin' Hot Puffs (Product Code #21912)	0.7 oz (19.8 g)	Chips/Pretzels/Other Snacks
Cheetos®, Whole Grain Rich Flamin' Hot Cheese Flavored Snacks	0.875 oz (24.8 g)	Chips/Pretzels/Other Snacks
Doritos® Flamas Tortilla Chips, Reduced Fat	1 oz (28 g)	Chips/Pretzels/Other Snacks
Doritos® Reduced Fat Cool Ranch® Flavored Tortilla Chips	1 oz (28 g) package	Chips/Pretzels/Other Snacks
Doritos® Reduced Fat Nacho Cheese Flavored Tortilla Chips	1 oz (28 g) package	Chips/Pretzels/Other Snacks
Doritos® Reduced Fat Spicy Sweet Chili Flavored Tortilla Chips	1 oz (28 g) package	Chips/Pretzels/Other Snacks
Doritos® Wild White Nacho® Flavored Tortilla Chips, Reduced Fat	1 oz	Chips/Pretzels/Other Snacks

Funyuns® Baked Not Fried Onion Flavored Snacks	0.75 oz package	Chips/Pretzels/Other Snacks
General Mills Chex Mix Simply Chex Snack Mix Single Serve Cheddar	0.92 oz (26 g) pouch	Chips/Pretzels/Other Snacks
General Mills Chex Mix Simply Chex Snack Mix Single Serve Chocolate Caramel	1.03 oz (29 g) pouch	Chips/Pretzels/Other Snacks
General Mills Chex Mix Simply Chex Snack Mix Single Serve Strawberry Yogurt	1.03 oz (29 g) pouch	Chips/Pretzels/Other Snacks
Goldfish® Made with Whole Grain Pretzel	0.75 oz pouch	Chips/Pretzels/Other Snacks
Herr's, Good Natured Selects - Ranch Flavored Vegetable Crisps	1 oz (28 g) bag	Chips/Pretzels/Other Snacks
J&J Snack Foods-SuperPretzel® 51% Whole Grain Soft Pretzel Rods (Product Code #31012)	1 oz (28 g) pretzel rod	Chips/Pretzels/Other Snacks
Lay's® Baked BBQ Flavored Potato Crisps	0.875 oz package	Chips/Pretzels/Other Snacks
Lay's® Baked Original Potato Crisps	0.875 oz package	Chips/Pretzels/Other Snacks
Lay's® Baked Sour Cream & Onion Flavored Potato Crisps	0.875 oz package	Chips/Pretzels/Other Snacks
Lay's® Kettle Cooked 40% Less Fat Potato Chips (Flavors: Applewood Smoked BBQ, Jalapeno Cheddar, Original, and Sea Salt & Vinegar)	1.375 oz package	Chips/Pretzels/Other Snacks
Pirate's Booty® - Rice and Corn Puffs, Aged White Cheddar - B&G Foods, Inc.	0.5 oz or 1 oz package	Chips/Pretzels/Other Snacks
Popchips, Barbeque Potato Chips	.8 oz (23 g)	Chips/Pretzels/Other Snacks
Popchips, Crazy Hot Potato Chips	.7 oz (20 g)	Chips/Pretzels/Other Snacks
Popchips, Sea Salt & Vinegar Potato Chips	.8 oz (23 g)	Chips/Pretzels/Other Snacks
Popchips, Sour Cream & Onion Potato Chips	.8 oz (23 g)	Chips/Pretzels/Other Snacks
Popcorn Indiana - Kettlecorn, Sweet & Salty Popcorn	1 oz (28 g) package	Chips/Pretzels/Other Snacks
Popcorners - Kettle Corn	1 oz pkg (28 g)	Chips/Pretzels/Other Snacks
Rold Gold® Heartzels® Pretzels	0.7 oz package	Chips/Pretzels/Other Snacks
Skinny Pop Popcorn, Individual Package	0.65 oz	Chips/Pretzels/Other Snacks
Snak King, The Whole Earth - Sweet & Salty Organic Kettle Corn	1 oz bag (28 g)	Chips/Pretzels/Other Snacks
Sunchips® Harvest Cheddar Flavored Multigrain Snacks	1 oz (28 g) package	Chips/Pretzels/Other Snacks
Sunchips® Harvest Cheddar® Flavored Snack Mix	0.875 oz package	Chips/Pretzels/Other Snacks
Tostitos® Baked Scoops!® Tortilla Chips	0.875 oz package	Chips/Pretzels/Other Snacks
Tostitos® Reduced Fat Crispy Round Tortilla Chips	0.875 oz package	Chips/Pretzels/Other Snacks

Appleways Simply Wholesome Soft Oatmeal Bars - Apple , Blueberry, Chocolate Chip, Strawberry, Vanilla Celebration	1.2 oz size only	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Betty Crocker Butterscotch Oatmeal Bar	1.24 oz bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Betty Crocker Chocolate Chip Oatmeal Bar	1.24 oz bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Buena Vista Foods, Whole Grain Muffins (Banana, Blueberry, Sweet Potato Chocolate Chip)	1.8 oz muffin	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Clif Kid "Z" Bar (Flavors: Chocolate Peanut Butter Brownie, Chocolate Chip, Chocolate Brownie, Iced Oatmeal Cookie, Caramel Chocolate, Peanut Butter Cookie, S'Mores)	1.27 oz (36 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Cornmeal Super Star, Whole Grain (Product Code #150 WG)	1.65 oz (47 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Apple Cinnamon Mini Muffin (Product Code #WG382)	1.9 oz (55 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Banana Mini Muffin (Product Code #WG381)	1.9 oz (55 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Blueberry Mini Muffin (Product Code #WG380)	1.9 oz (55 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Brownie Cup (Product Code #126 WG)	1.7 oz (48 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Chocolate Chip Mini Muffin (Product Code #WG385)	1.9 oz (55 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Double Chocolate Mini Muffin (Product Code #WG370)	1.9 oz (55 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Dave's Baking Company, Whole Grain Orange Mini Muffin (Product Code #WG340)	1.9 oz (55 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Fiber One Chewy Bars, Oats & Chocolate	1.4 oz (40 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Fieldstone Bakery, Totally Multigrain Apple Cinnamon Bar	1.21 oz (35 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Fieldstone Bakery, Totally Multigrain Banana Bread Bar	1.21 oz (35 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
General Mills Cinnamon Toast Crunch Cereal Bar	1.42 oz (40 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
General Mills Cocoa Puffs Cereal Bar	1.42 oz (40 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products



General Mills Golden Grahams Cereal Bar	1.42 oz (40 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
General Mills Team Cheerios Cereal Bar	1.42 oz (40 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
General Mills Trix Cereal Bar	1.42 oz (40 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Great Value (Wal-Mart Brand) Chocolate Chunk Chewy Granola Bar	1 bar (24 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Apple Flip (No Icing), A la carte only (#1052)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Apple Flip with Lite Drizzle Icing, A la carte only (#1062)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Apple Flip, A la carte only, Individually wrapped (#1052IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Cinnamon Roll (No Icing), A la carte only (#0675)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Cinnamon Roll (No Icing), A la carte only, Indiv wrap (#0670IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Cinnamon Roll, A la carte only (#1675)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Cinnamon Roll, A la carte only, Individually wrapped (#1670IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Cinnamon Roll, A la carte only, Individually wrapped (#1674IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Guava Strawberry Flip (No Icing), A la carte only (#1050)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Guava Strawberry Flip, A la carte only, Indiv wrap (#1050IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Mango Flip (No Icing), A la carte only (#1053)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Mango Flip, A la carte only, Individually wrapped (#1053IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Sweet Potato Swirl Roll (No Icing), A la carte only, Indiv wrap (#0370IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Hadley Farms, Whole Grain Sweet Potato Swirl Roll, A la carte only, Indiv wrap (#1370IW)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products

J&J Snack Foods BeneFit Mini Bars 51% Whole Grain (Maple Brown Sugar #40452; Oatmeal Chocolate Chip #40454; Banana Chocolate Chunk #40456; Brownie Bar #40455)	1 bar/1.25 oz (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kashi® Chewy Granola Bars - Cherry Dark Chocolate	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kashi® Chewy Granola Bars - Peanut Peanut Butter	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kashi® Chewy Granola Bars - Trail Mix	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Cocoa Krispies® Chewy Granola Bar Chocolate	1 bar (38 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Frosted Flakes™ Multigrain For Schools	1 oz container (28 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Nutri-Grain® Soft Baked Breakfast Bar Apple Cinnamon	1.3 oz (37 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Nutri-Grain® Soft Baked Breakfast Bar Blueberry	1.3 oz (37 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Nutri-Grain® Soft Baked Breakfast Bar Cherry	1.3 oz (37 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Nutri-Grain® Soft Baked Breakfast Bar Mixed Berry	1.3 oz (37 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Nutri-Grain® Soft Baked Breakfast Bar Raspberry	1.3 oz (37 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Nutri-Grain® Soft Baked Breakfast Bar Strawberry	1.3 oz (37 g) bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Rice Krispies® Chewy Granola Bar - Berry	1 bar (36 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kellogg's® Rice Krispies® Chewy Granola Bar Apple Cinnamon	1 bar (36 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
KIND Healthy Grains Bars Dark Chocolate Chunk	1.2 oz bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
KIND Healthy Grains Bars Oats & Honey with Toasted Coconut	1.2 oz bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
KIND Healthy Grains Bars Vanilla Blueberry	1.2 oz bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Kirkland - Soft & Chewy Granola Bars, Chocolate Chip	0.85 oz (24 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products

Nature Valley Backpacker Chewy Oatmeal Bites Chocolate Chip (Product Code 47295000)	35 g pouch	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Backpacker Chewy Oatmeal Bites S'mores (Product Code 47296000)	35 g pouch	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Crisps - Chocolate Chip	1.2 oz pkg (34 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Crisps, Cinnamon	1.2 oz pkg (34 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Fruit & Nut, Chewy Trail Mix Granola Bars - Cranberry & Pomegranate	1 bar (32 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Fruit & Nut, Chewy Trail Mix Granola Bars - Dark Chocolate & Nut	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Nature Valley Trail Mix Chewy Granola Bar - Fruit & Nut	1 bar (35 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Quaker 25% Less Sugar Chewy Granola Bars - chocolate chip, cookies & cream, peanut butter chocolate chip	24 g bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Quaker Chewy Granola Bar - Maple Brown Sugar (Product Code # 31441)	1 bar (36 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Quaker Chewy Granola Bars - (chocolate chip, s'mores, peanut butter chocolate chip, oatmeal raisin)	24 g bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Chocolate Chip Mini Muffin (Code Number: WMCHCH196)	1.6 oz (45 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Cinnamon Swirl (Code Number: WCSWI160)	1 oz (28 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Corn Mini Muffin (Code Number: CBLD196)	1.5 oz (42.5 g)	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Cranberry Orange Mini Muffin (Code Number: WMCRO196)	1.6 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Mini Breakfast Bar (Code Number: HWBI2596)	1.4 oz bar	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Mini Breakfast Bun (Code Number: MWB5180)	1.6 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Mini Cinnamon Roll (Code Number: WNCWI50)	1.5 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Sky Blue Bakery, Whole Grain Simply Strawberry Mini Muffin (Code Number: WMSTW196)	1.6 oz	Breakfast/Cereal/Energy Bars, Muffins & Related Products
Super Bakery 0.8 oz Goodyman Whole Grain Rice Crispy (SBI	0.8 oz	Breakfast/Cereal/Energy

Code # 9430)		Bars, Muffins & Related Products
Appleways Cinnamon Crispy Bites	1 oz	Cookies/Crackers/Breads
Appleways Mini Vanilla Wafers	1 oz	Cookies/Crackers/Breads
Appleways Simply Wholesome Blueberry Lemon Crispy Bites	1 oz	Cookies/Crackers/Breads
Bake Crafters - Mini Treats, Alphabet, Whole Grain, Packs (Manufacturer's Code: 525)	1 pack (31 g)	Cookies/Crackers/Breads
Biscomerica, Basil's Animal Snackers, Whole Grain (Biscomerica Corporation) Item #20012	1 package (28 g)	Cookies/Crackers/Breads
Biscomerica, Basil's Mini Chocolate Chip Kookies, Whole Grain (Biscomerica Corporation) Item #20020	1 package (31 g)	Cookies/Crackers/Breads
Buena Vista Foods, Whole Grain Brownie Bite	1.3 oz	Cookies/Crackers/Breads
Buena Vista Foods, Whole Grain Cookies (Chocolate Chip)	1 oz cookie	Cookies/Crackers/Breads
Buena Vista Foods, Whole Grain Novelty Cookies (Christmas Tree, Holiday Star, Green Egg, Party, Patriotic Star, Pumpkin, Shamrock, Turkey, Pink Heart, Yellow Star, Blue Star)	1.2 oz cookie	Cookies/Crackers/Breads
Crave-n-Rave, El Nacho Cheese Spikerz Cracker Bites	0.9 oz (26 g)	Cookies/Crackers/Breads
Crave-n-Rave, Heavenly Ranch Spikerz Cracker Bites	0.9 oz (26 g)	Cookies/Crackers/Breads
Dick & Jane Smart Cookies (States & Capitals, Presidents, English & Spanish, Food & Nutrition, Fun & Fitness, Farmers Market)	1 bag (29 g)	Cookies/Crackers/Breads
E S Foods, Mini Cinnamon Animal Grahams (WG) (Code #16193)	0.9 oz package	Cookies/Crackers/Breads
E S Foods, Wheat Crackers (WG) (Code #16300)	1 oz (28 g) package	Cookies/Crackers/Breads
ES Foods, Whole Grain Animal Crackers, Original (Code #16191)	1.1 oz (31 g) package	Cookies/Crackers/Breads
Goldfish® Baked with Whole Grain French Toast	1.0 oz pouch	Cookies/Crackers/Breads
Goldfish® Baked with Whole Grain Honey Bun	1.0 oz pouch	Cookies/Crackers/Breads
Goldfish® Colors Cheddar Baked with Whole Grain	0.75 oz (21 g) pouch	Cookies/Crackers/Breads
Goldfish® Flavor Blasted® - Hot 'N Spicy Cheddar Made With Whole Grain	0.75 oz (21 g) pouch	Cookies/Crackers/Breads
Goldfish® Giant Cinnamon Goldfish Grahams Made with Whole Grain	0.9 oz (26 g) pouch	Cookies/Crackers/Breads
Goldfish® Giant Grahams Oats and Honey Baked with Whole Grain	0.9 oz pouch	Cookies/Crackers/Breads
Goldfish® Giant Vanilla Grahams made with Whole Grain	0.9 oz (26 g) pouch	Cookies/Crackers/Breads
Goldfish® made with Whole Grain Cheddar Crackers	1 oz (28 g) pouch	Cookies/Crackers/Breads
Goldfish® XTRA Cheddar Baked with Whole Grain Snack Crackers	0.75 oz (21 g) package	Cookies/Crackers/Breads
Grandma's Mini Chocolate Chip Cookies (Whole Grain)	1.22 oz pkg (34.5 g)	Cookies/Crackers/Breads
J&J Snack Foods - 51% Whole Grain Pre-Packaged Jungle Crackers (Product Code # 039085)	1 package (28 g)	Cookies/Crackers/Breads
J&J Snack Foods - Chocolate Chip Benefit Reduced Fat Cookies Made with 51% Whole Grain (#04911)	1 oz cookie	Cookies/Crackers/Breads
J&J Snack Foods - Sugar Reduced Fat Cookies Made with 51% Whole Grain (#04915)	1 oz cookie	Cookies/Crackers/Breads
JSB Industries, Smart Choice Chocolate Chip Cookies (Item # 56191)	1 oz	Cookies/Crackers/Breads
JSB Industries, Smart Choice Sugar Cookies (Item #56192)	1 oz	Cookies/Crackers/Breads
Keebler® Bug Bites® Grahams Crackers	1 pouch (28 g)	Cookies/Crackers/Breads
Keebler® Elf® Graham Chocolate	1 pouch (28 g)	Cookies/Crackers/Breads

Keebler® Elf® Graham Original	1 pouch (28 g)	Cookies/Crackers/Breads
Keebler® Grahams Cinnamon	1 pouch (28 g)	Cookies/Crackers/Breads
Keebler® Gripz® Grahams Cinnamon	0.9 oz pouch (25 g)	Cookies/Crackers/Breads
Keebler® Scooby-Doo!™ Graham Cracker Sticks Cinnamon	1 pouch (28 g)	Cookies/Crackers/Breads
Keebler® Zesta® Mini Saltine Crackers Whole Grain	1 pouch - 0.39 oz (11 g)	Cookies/Crackers/Breads
Kellogg's® Rice Krispies Treats® Chocolatey Chip Made with Whole Grain	1 bar (45 g)	Cookies/Crackers/Breads
Kellogg's® Rice Krispies Treats® Made with Whole Grain	1 bar (40 g)	Cookies/Crackers/Breads
Linden's Smart Snacks Cookies (Chocolate Chip, Butter Crunch, Fudge Chip, Oatmeal Raisin, Chocolate Chippers, Butter Crunchers)	1.1 oz (31.2 g)	Cookies/Crackers/Breads
MJM All-Sports Bites - Vanilla (MJM#514150) or Chocolate (MJM#512150) Grahams	28 g	Cookies/Crackers/Breads
MJM Apple Cinnamon Bear Grahams (MJM #403001)	28 g	Cookies/Crackers/Breads
MJM Berry Bear Grahams (MJM#401001)	28 g	Cookies/Crackers/Breads
MJM Chocolate Bear Grahams (MJM #402001)	28 g	Cookies/Crackers/Breads
MJM Cinnamon Grahams (MJM #308151)	28 g	Cookies/Crackers/Breads
MJM Dino Bites - Vanilla (MJM #524150)	28 g	Cookies/Crackers/Breads
MJM Honey Grahams - 2g Fiber (MJM #300151)	28 g	Cookies/Crackers/Breads
MJM Maple Waffle Grahams (MJM #408001), Whole Grain	28 g	Cookies/Crackers/Breads
MJM Savory Bites-Whole Grain Herb Crackers (MJM #803155)	22 g	Cookies/Crackers/Breads
MJM Savory Bites-Whole Grain Pizza Crackers (MJM #804155)	22 g	Cookies/Crackers/Breads
MJM Savory Bites-Whole Grain Wheat Crackers (MJM #801155)	22 g	Cookies/Crackers/Breads
MJM Strawberry Waffle Grahams (MJM #405001)	28 g	Cookies/Crackers/Breads
MJM Sunrise Bites-Maple (MJM #570150)	28 g	Cookies/Crackers/Breads
MJM Super Wholesome Apple Cinnamon Waffle Grahams (MJM #423001)	28 g	Cookies/Crackers/Breads
MJM Vanilla Bear Grahams (MJM #404001)	28 g	Cookies/Crackers/Breads
Nabisco Honey Maid Crackers Go Bites Chocolate	1.06 oz (30 g) pack	Cookies/Crackers/Breads
Nabisco Honey Maid Crackers Graham Lil Squares	1.06 oz (30 g) pack	Cookies/Crackers/Breads
Nabisco Teddy Grahams Cookies Cinnamon	1 oz (28 g) pack	Cookies/Crackers/Breads
Nutritional Choices, 100% Whole Grain Animal Crackers	1.1 oz (31 g) pack	Cookies/Crackers/Breads
Skeeter Nut-Free Chocolate Grahams	1 bag (1.2 oz)	Cookies/Crackers/Breads
Skeeter Nut-Free Cinnamon Grahams	1.0 oz (28 g) bag	Cookies/Crackers/Breads
Skeeter Nut-Free Honey Grahams	1.0 oz (28 g) bag	Cookies/Crackers/Breads
Wild Mike's Whole Grain Maple Filled Breadsticks	1.4 oz (41 g)	Cookies/Crackers/Breads
Zee Zee's Grahamz, Whole Grain (Birthday Cake, French Toast, Original, Strawberry)	1 oz bag	Cookies/Crackers/Breads
Frito-Lay Nut Harvest Salted In Shell Pistachios (1 package without shells = about 25 g)	1.75 oz (includes shell)	Nuts/Seeds
Planters Salted Peanuts	1 oz pkg (28 g)	Nuts/Seeds
Jack Links, 0.85 oz Beef Jerky (Original, Teriyaki, and Peppered flavors)	1 pkg (24 g)	Meat Snacks
Western's Smokehouse, Smart Stix, Premium Meat Snack Sticks (Original, Jalapeno, Bar-B-Que, Sweet & Sassy, and Hickory Smoked Flavors)	21 g (0.75 oz)	Meat Snacks

## Members of the School Health Advisory Committee

Jennifer Montz, Director of School Food Services and Parent, Chair  
Kay Hursey, Itinerant Programs Coordinator  
Jackie Jenkins, Supervisor of Curriculum and Instruction  
Stacey Russell, Pro-Start Instructor of FHS and Parent  
Neely Estrade, Safety Coordinator  
Rebecca Birkett, Principal Lyon Elementary  
Stacey Alexius, Career and Technical Education Coordinator  
Jodie Kain, Cafeteria Manager and Parent

### NON-DISCRIMINATION STATEMENT

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**fax:** (833) 256-1665 or (202) 690-7442; or

**email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

## Wellness Policy Compliance Assessment 2021-2022

Column A: Timestamp	Column B: Email	Column C: School name	Column D: Name of person completing survey	Column E: Name of person responsible for Wellness Policy compliance at the school level	Column F: Participation in school meal programs.	Column G: Smart Snacks	Column H: Nutrition Education	Column I: Physical Activity
2022/05/17 9:09:13 AM EST		Fontainebleau High School			Confirm	Confirm	Confirm	Confirm
2022/05/25 1:11:13 PM EST		Trifunction Middle School			Confirm	Confirm	Confirm	Confirm
2022/05/25 1:30:51 PM EST		Riverside Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/25 1:34:32 PM EST		Honey Island Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/25 1:34:39 PM EST		Whispering Forest Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/25 1:37:05 PM EST		Sixth Ward Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/25 1:39:37 PM EST		Sidell Junior			Confirm	Confirm	Confirm	Confirm
2022/05/25 1:53:20 PM EST		Alton Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/25 2:13:13 PM EST		Mandeville High			Confirm	Confirm	Confirm	Confirm
2022/05/25 2:16:24 PM EST		Bonne Ecole			Confirm	Confirm	Confirm	Confirm
2022/05/25 2:17:21 PM EST		Covington High School			Confirm	Confirm	Confirm	Confirm
2022/05/25 2:21:33 PM EST		Carolyn Park Middle			Confirm	Confirm	Confirm	Confirm
2022/05/25 2:33:59 PM EST		Monteleone Junior High			Confirm	Confirm	Confirm	Confirm
2022/05/25 2:40:00 PM EST		Little Oak Middle			Confirm	Confirm	Confirm	Confirm
2022/05/25 2:47:29 PM EST		Lake Harbor Middle School			Confirm	Confirm	Confirm	Confirm
2022/05/25 2:52:49 PM EST		Fontainebleau Jr			Confirm	Confirm	Confirm	Confirm
2022/05/25 4:10:40 PM EST		Lancaster Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/25 4:43:46 PM EST		Albia Springs Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/25 6:47:41 PM EST		Boyet Junior High			Confirm	Confirm	Confirm	Confirm
2022/05/26 7:29:08 AM EST		Lee Road School			Confirm	Confirm	Confirm	Confirm
2022/05/26 8:43:57 AM EST		Bayou Woods Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/26 9:03:11 AM EST		Cypress Cove Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/26 10:26:34 AM EST		Bayou LaCombe Middle School			Confirm	Confirm	Confirm	Confirm
2022/05/26 10:26:58 PM EST		St. Tammany Jr. High School			Confirm	Confirm	Confirm	Confirm
2022/05/26 12:23:36 PM EST		Fifth Ward Junior High			Confirm	Confirm	Confirm	Confirm
2022/05/26 12:31:14 PM EST		Pine View Middle School			Confirm	Confirm	Confirm	Confirm
2022/05/27 9:30:34 AM EST		Woodlake Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/27 9:56:09 AM EST		Madisonville Junior High			Confirm	Confirm	Confirm	Confirm
2022/05/27 10:40:19 AM EST		Florida Avenue			Confirm	Confirm	Confirm	Confirm
2022/05/27 6:29:36 PM EST		Mandeville Middle School			Confirm	Confirm	Confirm	Confirm
2022/05/27 7:09:38 PM EST		E. Lyon Elementary			Confirm	Confirm	Confirm	Confirm
2022/05/27 7:21:27 PM EST		Covington Elementary			Confirm	Confirm	Confirm	Confirm
2022/06/02 3:24:10 PM EST		Greenside Jr. High			Confirm	Confirm	Confirm	Confirm
2022/06/03 12:14:35 PM EST		Little Pearl Elementary			Confirm	Confirm	Confirm	Confirm
2022/06/07 10:21:43 AM EST		Northshore High School			Confirm	Confirm	Confirm	Confirm
2022/06/07 12:18:30 PM EST		Abney Elementary			Confirm	Confirm	Confirm	Confirm
2022/06/09 11:43:01 AM EST		Magrolia Trade Elementary			Confirm	Confirm	Confirm	Confirm
2022/06/20 12:50:41 PM EST		Albia Springs Middle School			Confirm	Confirm	Confirm	Confirm
		<b>Abney Early Childhood</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Brook Elem</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Chabita Ina</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Cleanwood</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Folsom Elem</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Folsom JR</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Lakeshore High</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Madisonville Elem</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Mandeville Elem</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Mandeville Jr.</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Marigny</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Mayfield</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Pearl River</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Pitcher</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Pontchartrain Elem</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Sidell High</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE
		<b>Salmen High</b>			NO RESPONSE	NO RESPONSE	NO RESPONSE	NO RESPONSE

Column F: Students are encouraged to participate in school meal programs. School meals are accessible to all students. Students receive adequate time to eat breakfast and lunch.

Column G: Foods and beverages sold to students meet specific nutritional criteria if sold on the grounds at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day. (Refer to Smart Snacks in Schools).

Column H: School based nutrition education is taught in health education and science classes and can be integrated into core content area of instruction across the curriculum. The cafeteria can be used as part of the total educational system for modeling behavior.

Column I: Physical education programs and physical activity opportunities: emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students; provide all students physical education and physical activity that meet or exceed the minimum standards established by the Louisiana Department of Education; ensure that enough age-appropriate and safe equipment is in place to guarantee that all students are able to be active for physical education and physical activity; ensure qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes; provide staff development on standards implementation for physical education instructors; provide daily recess for all children in K-8th grade; and encourage physical activity during recess for elementary students, intramural programs, and clubs, as well as in physical education programs.